

# Woman's Page

## How to Fight the High Cost of Living

Never Have Worried Over Debts—Remember Old Adage "He Who Goes a Borrowing Goes a Sorrowing"—Never Tempted to Buy on the Installment Plan—In Yearly Rummage, Don't Forget to Clear Your Mind of Malice and Resentment—Seven Excellent Recipes

### KEEPS OUT OF DEBT.

Editor Woman's Page: Never in the fifteen years of our married life have we had any worry over debts. Our salary has varied all the way from \$800 to \$2,000 and it never occurred to me to have things we could not afford. When a child I learned as a memory gem Franklin's old adage, "He who goes a borrowing goes a sorrowing," and all my life I have believed this unquestionably.

No one has ever been able to tempt me into buying an article on the installment plan of getting anything of any description before we were well able to afford it. We have our own home, all paid for, and various other investments that bring us in a nice interest. It is true in household management that "the little leaks sink the ship," and "the little foxes spoil the vines." In departments like yours and from a faithful study of the articles in good magazines on household management and domestic science, making an especial study of economical recipes, has come my ability to make the most of my resources. All though rigid economy is not necessary now, I still watch those "little leaks" and "little foxes" and this is what enables us to add \$100 to our bank account each month.

We dispense with a telephone and the money we save on this supplies me and my small son car fare. When I see any staples in the line of groceries advertised at a reduction I order by postal card.

We go to hear some of the best plays, but get 50 cent tickets. We never indulge in a downtown supper afterward, and are benefited not only financially but physically.

I can make excellent candies and keep a supply of the home made on hand, so we are not tempted by the high priced article in the shops.

### A Skin of Beauty Is a Joy Forever.

Dr. T. Felix Gouard's Oriental Cream or Magical Beautifier.



"Gouard's Cream" is the best of all the skin preparations. For sale by all druggists and Fancy Goods Dealers in the United States, Canada and Europe. FRED. T. HOPKINS, Prop., 37 Great Jones Street, New York.

We have frozen desserts frequently, for which I have discovered recipes requiring little cream. The cream is what puts these in the class of luxuries. I make frozen pudding, fruit ice and a delicious chocolate cream, with milk and egg. In winter we use snow for freezing or home frozen ice. I do our own laundry work, doing a few pieces every day. This saves the physical exhaustion that would follow a half day over the wash tub. I sort these few pieces, soap well in tepid water, and let them come to a boil gradually, by stirring frequently they need scarcely be rubbed at all, and are out of the way in about 20 minutes.

We have a successful vegetable garden, supplying the table with lettuce, green onions, radishes, cabbage, carrots, beans, etc., all summer long. We have a yield of celery that supplies us nearly all winter.

Of course the fact that my husband has no extravagant habits helps greatly. He neither chews, smokes nor drinks. He shaves himself and blackens his own boots; he also carries his own lunches from home.

I might state also that we belong to the fresh air club, sleeping out of doors or with windows wide open in severest weather. This habit, with plenty of outdoor exercise and the use of fresh fruits, in abundance, keeps the doctor away. At any rate, I have not had to consult a physician in ten years.

### YOUR YEARLY RUMMAGE.

In rummaging through your wardrobes and cabinets for useless articles to give away do you ever stop to go through the secret compartments of your own mind and cast out the junk of malice which collects there during the year.

No year should be ushered in without good resolutions. And the best resolution one can make is to unload a lot of prejudice from mind and heart.

Like the drawers of an old desk, minds become filled with a lot of trash. No cleaning up and setting in order is more necessary than that of the mind.

No junk is more wisely disposed of than any malice that may be held towards any of our fellow men.

Malice is wicked, hatred is the essence of sin itself. It has the power of destroying no one so much as the once who hates. It shrivels the soul and produces endless unhappiness.

The beauty of living is in cleanliness of mind. If you allow a collection of false ideas to fill your brain you stagnate, you choke out all healthy, liberal and generous thoughts in the same manner that you choke the cells of your

ner that you choke the cells of your flesh with the dirt and microbes which fill the air, if you do not regularly cleanse your bodies.

Many people spend hours bathing, oiling and perfuming their bodies, and forget absolutely to cleanse their minds.

If we stop to think of the value of thought we will remember that one thought can cause the heart to stop, the face to redden or blanch, the eyes to smart, and ugliness take the place of beauty.

Another thought can give the face an illumination which changes ugliness into divine loveliness.

This is the time and place to rummage your minds. Determined purposes cause advancement. Start clean, empty those compartments of your mind which are clogged with resent-

### THREE PIECE SUIT, DRAPE MOIRE.



The wavy figure of this material is used to advantage in this garment. Plain program of the same shade as the moire is combined with it in the shape of collar, cuffs and trimming bands.

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ment and malice, as you would throw out old rage and boxes as obstructions to progress.

Remember: If in the search for happiness you start clean in mind and body, you will then have gone two-thirds of the way.

### RECIPES.

#### Coffee Cream Jelly.

Use as the basis two cupsful of clear black coffee (that remaining from breakfast or dinner will do), sweeten with two heaping tablespoonsful of sugar and add the well beaten yolk of one egg, half a cupful of rich cream, a few drops of almond extract and a pinch of powdered cinnamon. Mix thoroughly and then stir in a cupful of hot milk in which has been dissolved two tablespoonsful of crystallized gelatin. Place the jelly in a mixing bowl set in a pan of ice water, stirring occasionally as it begins to harden so that the custard and jelly will not separate when of the consistency of a thick puree, pour into a circular mold lined with lady fingers, held together by a little frosting; place where it will chill and when firm unroll on a large platter resting on a lace paper doily, ornamenting the top with stars of sweetened whipped cream, pressed through a pastry tube or with little mounds of whipped cream dropped from a spoon.

—R. R. S.

#### Beef Heart.

For a family of four, half a heart is enough. Parboil slices half an inch thick, and saute gently in butter until they are tender. Then butter a large oval baking dish and arrange the slices in it. Make a dressing as usual for roasted meats, in which basil, thyme, marjoram, savory and dried sage leaves are used, with a little minced salt pork and sufficient butter with one unbeaten egg to bind it together. Season as desired with salt, paprika and a little black pepper. Arrange a thick layer of this on each slice of meat and around this pour a tomato sauce made as follows: Put some good dripping in a frying pan, slice in one onion and fry gently; then add salt, pepper and a pinch of sweet herbs and two cupsful of tomatoes (canned). Cook them all together, then thicken with a little flour and butter, if too thin. Pour it around the meat, put the baking dish in a moderately hot oven and bake until the dressing is nicely browned.—E. R. M.

#### Breakfast Canape.

Cook the remainder of the heart until it is tender, then allow it to cool, and cut it into dice. Reduce the water in which the heart was boiled to one cupful by cooking it. Add half a cupful of canned tomatoes, and a dash of salt, pepper, kitchen bouquet and caramel and some paprika. Thicken a little with flour and butter, and heat the meat in the sauce. Serve on slices of browned toast.—H. H. D.

#### Sour Milk Rolls.

Sift together two cupsful of rye flour, one cupful of wheat flour, half a teaspoonful of salt, and one half teaspoonful of soda. Rub in a piece of butter the size of an egg. Add half a cupful of sugar, one well beaten egg and sufficient sour milk or buttermilk to make a dough. Roll out, cut like biscuits and bake quickly.—M. L.

#### Baked Fish a la Creole.

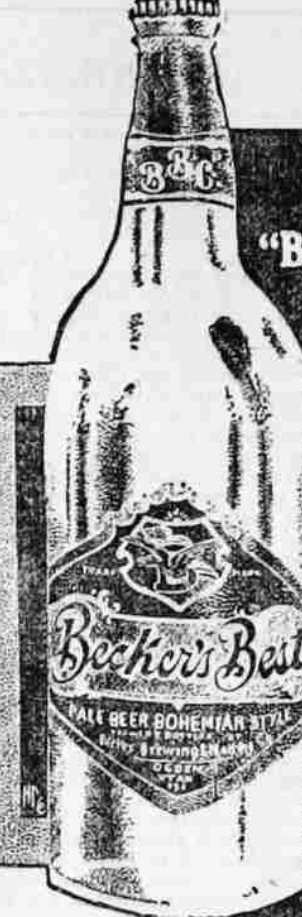
Boil three Irish potatoes, mash them and mix with two tablespoonsful of butter, one small onion chopped

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fine and salt and pepper to taste. Salt the fish, fill it with the potato dressing and put it in the baking pan with a little flour sprinkled over it. Put in the pan at the same time two tablespoonsful of butter, two dessertspoonfuls of olive oil, a dozen fresh tomatoes sliced (for half of a can of prepared ones), and add a teaspoonful of water. Bake in a moderate oven until the fish is done and then slice three hard cooked eggs over it. Stir into the gravy a tablespoonful of tomato catsup and a tablespoonful of Worcestershire sauce and either pour it over the fish or serve it with it in a separate vessel.—Mrs. M. A.

#### Liver Loaf.

Mince finely one pound of liver and a little more than half a pound of bacon. To this add salt and pepper to taste, one tablespoonful of minced parsley and one onion which has been chopped fine and fried, the beaten yolk of one egg and the whites of two eggs stiffly beaten. Line a buttered baking dish with cracker crumbs, glaze the top with the remaining yolk of egg, and bake until done—about 45 minutes. Serve with tomato or celery sauce.—A. P. D.

#### Veal Scallop.

Cut up some lean veal into pieces

about the size of an average oyster. Let them simmer until tender. Season with salt, pepper and a pinch of mace. Dip it into slightly beaten egg, then into cracker crumbs and again into egg. Let it stand five minutes to swell and then fry in smoking fat and serve at once.—Mrs. K. L.

#### MONTANAN AFTER CALLISTER'S JOB

Washington, April 3.—Montana senators will recommend a Montanan within the next few days for the position of collector of internal revenue for the district comprising Montana, Utah and Idaho, as a preliminary to their campaign for having headquarters for this district removed from Salt Lake to Helena.

An effort was made to see the secretary of the treasury today on the matter, but the conference went over until Saturday or Monday.

The presence in Washington of National Committeeman Wallace of Utah, who is known to be here for the purpose of arranging the patronage of his state and who has a candidate for this place, necessitates prompt action by the Montana senators, who hope to secure a Montanan for the place

as well as bring headquarters to their state.

Rumors today indicated the appointment of Clay Tollman of Nevada as commissioner of the general land office on the recommendation of Senator Newlands. Tollman was mentioned as a possible candidate for the interior portfolio. He was defeated for congress at the last election by 45 votes.

#### COWLES AS COMMANDER.

San Diego, Cal., April 3.—With Rear Admiral W. C. Cowles on board as commander of the Pacific coast fleet, the flagship California sailed today for Marzan and Guaymas, Mexico, to relieve Rear Admiral W. H. H. Southerland who will return to San Diego on the Colorado and then proceed to Washington for duty on the naval board.

#### BROTHERS MURDERED.

Huntington, W. Va., April 4.—Geo. and Beckley Griffin, brothers, and each 29 years old, were shot to death in a public road near Williamson, W. Va., today. Their assassins escaped. The Griffin brothers had engaged in a trivial quarrel previous to the shooting. A posse is scouring the mountains for the fugitives.

## INAUGURATION NEW SERVICE EAST VIA UNION PACIFIC Standard Road of the West

### The New All Steel, Daily, Extra Fare Overland Limited

Effective Sunday, April sixth, this new all steel train will leave OGDEN 3:25 p. m., arriving Omaha 7:45 p. m. next day, arriving Chicago second day 9:00 a. m. via the C. & N. W., REDUCING SCHEDULE TWO AND ONE-HALF HOURS.

The only exclusively first-class train operating between San Francisco and Chicago.

**Equipment** All new, latest type steel constructed cars, built especially for this train. Luxurious in every appointment, electrically lighted and ventilated, vacuum cleaned, and vapor heated, compartments and drawing rooms ensue, observation and dining cars.

**Distinctive Features** Stenographer, barber, ladies' maid, (expert manicurist and hair dresser), valet, (clothes pressing service), telephone, carefully stocked buffet, telegraph news service, stock and market reports, individual lights in upper and lower berths.

**FOR LOCAL PASSENGERS** to Green River and intermediate points, a new train will leave Ogden 1:15 p. m., connecting with fast train from Portland, arriving Omaha 8:25 p. m. next day, arriving Chicago 11:00 a. m. second day, via the C. & N. W.

Heavy Double Track—Protected by Automatic Electric Block Signals—Sherman Gravel Ballasted Roadbed.

Two Other Excellent Trains for the East—8:35 a. m. and 7:05 p. m.

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### Another New Daily NON-EXTRA FARE Train Pacific Limited

Effective April sixth, leaving OGDEN 1:10 p. m., arriving Omaha 7:35 p. m. next day, arriving Chicago 9:15 a. m. second day, via the C. M. & St. P.

**AN ENTIRELY NEW TRAIN IN EVERY RESPECT**—All steel, electrically lighted equipment, consisting of standard and tourist sleepers, individual lights in upper and lower berths, compartment and drawing rooms ensue, observation library and dining cars. Large smoking room in tourist sleepers.

In connection with this train, there will be thru service to Denver, arriving 11:30 a. m., following day; also to Minneapolis, arriving second day 8:45 a. m.

**NO EXTRA FARE WILL BE CHARGED.**

The popular **LOS ANGELES LIMITED** will be operated as heretofore, schedule being changed to leave Ogden 3:45 p. m., arriving Omaha 11:00 p. m. following day, arriving Chicago 1:50 p. m. second day, via the C. & N. W. Also thru service to Denver, Kansas City and St. Louis.